

PREMIER LEAGUE INSPIRES



TIGERS TRUST
IN THE COMMUNITY



WHAT IS PREMIER LEAGUE INSPIRES?

PREMIER LEAGUE INSPIRES BEGAN BACK IN 2019 AS A SECONDARY SCHOOL FOCUSED PROGRAMME BY THE PREMIER LEAGUE CHARITABLE FUND ALSO SUPPORTED BY THE PROFESSIONAL FOOTBALLER'S ASSOCIATION.

AT TIGERS TRUST, THE PROGRAMME ENGAGES WITH LOCAL MAINSTREAM SCHOOLS WORKING WITH STUDENTS WHO HAVE A RISK OF NOT ACHIEVING THEIR FULL POTENTIAL. THESE 'RISKS' CAN BE VERY LOW LEVEL WITH EXAMPLES BEING LOW CONFIDENCE THROUGH TO GREATER RISKS SUCH AS POOR ATTENDANCE.

WE CURRENTLY WORK WITH 12 SCHOOLS ALL OF WHOM CONTRIBUTE TO THE THE PARTNERSHIP TO ENABLE STUDENTS IN THEIR SCHOOLS TO ACCESS OUR PROVISION. STUDENTS ARE SELECTED BY SCHOOLS TO TAKE PART IN ACTIVITY AND CONSENT IS GAINED FROM PARENTS/GUARDIANS PRIOR TO THEM STARTING ENGAGEMENT WITH US.



**Professional
Footballers'
Association**



**Premier League
Inspires**

WHAT DO STUDENTS DO?

OUR ACTIVITIES ARE DELIVERED IN WAYS DIFFERENT TO USUAL LESSONS, WITH CONTENT FOCUSING A LOT ON TEAMWORK, GAMES ACTIVITY, OPEN CONVERSATION AND SESSIONS BEING RELAXED WITH STUDENTS ALSO ABLE TO ADDRESS STAFF BY THEIR FIRST NAMES IF THEY FEEL COMFORTABLE.

THE FIRST BASIS OF OUR DELIVERY IS TO MAKE STUDENTS FEEL COMFORTABLE WORKING WITH US AND TO BUILD A MUTUAL RELATIONSHIP OF TRUST AND GENUINE INTEREST TO WANT TO BE IN WEEKLY SESSIONS.

DEPENDING ON WHAT ACTIVITY YOUR SCHOOL FEELS WILL BENEFIT YOUR CHILD WILL DETERMINE WHAT EXACTLY IT IS THEY WILL UNDERTAKE WITH OUR STAFF. A LIST OF THE ACTIVITIES WE RUN IS OUTLINED ON THE NEXT PAGE TO GIVE YOU A FLAVOUR OF WHAT EACH ACTIVITY IS ABOUT.

ALL ACTIVITIES INVOLVE STUDENTS ENGAGING WITH STAFF FROM THE TRUST FOR 1 HOUR PER WEEK GENERALLY OVER A FULL TERM. THIS WILL MEAN THEM MISSING ONE CURRICULUM LESSON, HOWEVER, WE FEEL THE BENEFITS FROM BEING INVOLVED AND DEVELOPING KEY SKILLS SUCH AS COMMUNICATION, RESILIENCE AND TEAMWORK THROUGH SOMETHING DIFFERENT IS A POSITIVE EXCHANGE FOR THIS. IF YOU DO HAVE ANY CONCERNS PLEASE DO CONTACT THE SCHOOL.

EACH TERM WE DO RUN A 'INSPIRATION DAY', A COLLAPSED CURRICULUM DAY AT A CENTRAL VENUE WITH A CAROUSEL OF ACTIVITIES FROM EXTERNAL FACILITATORS TO PUT INTO PRACTICE SKILLS LEARNT WITH US ON A WEEKLY BASIS. THESE ARE FOR SELECTED STUDENTS WHO HAVE SHOWN POSITIVE ENGAGEMENT WITH THE WEEKLY SESSIONS AND HAVE GOOD BEHAVIOUR AND ATTENDANCE AS A WHOLE.

WE ALSO DELIVERY A TERMLY SPORTS COMPETITION FOR SELECTED YEAR GROUPS MALE OR FEMALE TO ENGAGE THEM IN COMPETITIVE SPORT AGAIN OUR OTHER PARTNER SCHOOLS. THESE COMPETITIONS ARE FOR STUDENTS WHO ORDINARILY WOULDN'T GET PICKED TO REPRESENT THEIR SCHOOL IN TEAMS.

ACTIVITIES WE OFFER SCHOOLS

Activity	Details
Social Skills	Our most popular session. This programme is based all around improving students key skills to be successful within and outside of school. Staff provide a range of fun activities and tasks different to normal lessons aiming to develop students confidence, communication, resilience, teamwork and more.
ASDAN	Schools can select for students to complete a module in either; Enterprise, PSHE, Football or careers and experiencing work. Students complete various 'challenges' and if completing successfully can obtain a ASDAN certificate. Note: this is not accredited to L1,2 or 3.
Sports Leaders	The certified Level 1 Sports Leaders course sees students learn and develop the basics of coaching through the STEP principle. Students complete an evidence record and complete practical training before delivering their end assessment sessions to their peers or local primary school children,
Changemakers	A female only programme aimed to be a safe space for females to discuss matters relevant to them. This programme looks at topics such as body confidence and individuality, social media, stereotypes and role models.
Academy Skills Reading	Delivered using materials from the National Literacy Trust. Aimed at students in Y7 or 8 the materials use football and sport as a method to improve their literacy and comprehension skills. Students learn a freestyle football or dance skill each session.
Social Action	Students plan and deliver a social action project seeking to give something positive back to their school or local community. Projects are decided by the students but often centre around themes such as mental health, cost of living crisis, charitable work amongst others. Groups get a max. £50 budget.
VEX Robotics	Based around STEM this activity guides students to build and test their own robot. Students learn about basics of coding and driving robots. The activity focuses on students working together to build different models but also refine ideas, overcome problems and work as a team. This activity does require use of a VEX robotics education kit which would be at an additional charge of £399 invoiced to schools for purchase of the kit but would remain with your school only. Note: If wanting more than 1 group to engage per term each group would require it's own additional kit at cost of £399 per kit.
1-1 Check In	These are soft-touch check-ins for students that may need someone different to talk to. They can also be focused at supporting students with behaviour issues or a way to integrate students back in to school. Students could be referred to be part of one of our group interventions
Extra-Curricular	Our sessions are not about coaching they are simply 'turn up and play' any student from any year group can attend.



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MEET THE DELIVERY TEAM

ELLIS



I'VE BEEN AT TIGERS TRUST FOR 6.5 YEARS AFTER LEAVING TEACHING AS A PE TEACHER IN 2017. I JOINED THE TRUST TO INTRODUCE A SECONDARY SCHOOL PROGRAMME TO THE LIST OF PROGRAMMES WE DELIVER AND SINCE THEN HAVE LED ON MANY PROJECTS IN THIS AREA WITH PREMIER LEAGUE INSPIRES NOW BEING THE MAIN PROJECT WORKING WITH SCHOOLS ACROSS HULL AND EAST RIDING.

I AM KEEN FOR STUDENTS TO SEE ME AS SOMEONE DIFFERENT IN SCHOOLS TO THEIR ORDINARY TEACHING STAFF WITH THE LINK TO HULL CITY FOOTBALL CLUB. I AM APPROACHABLE AT ALL TIMES SO STUDENTS CAN COME AND SAY HELLO AND FIND OUT WHAT TIGERS TRUST IS ABOUT.

I HAVE THE FOLLOWING QUALIFICATIONS THAT SUPPORT MY DELIVERY WITH STUDENTS:
SAFEGUARDING
EMERGENCY FIRST AID
FA INTRODUCTION TO COACHING FOOTBALL
L2 FITNESS INSTRUCTING

KERRY



KERRY WILL BE THE DELIVERY OFFICER AT HULL TRINITY HOUSE FOR THE FULL 2024-25 ACADEMIC YEAR. KERRY JOINED THE TRUST IN 2020 AS A FULL TIME PL INSPIRES DELIVERY OFFICER.

KERRY CURRENTLY DELIVERS A RANGE OF OUR ACTIVITIES IN OTHER SCHOOLS IN EAST AND WEST HULL AND BRING A WEALTH OF EXPERIENCE FROM HER TIME AS A TEACHING ASSISTANT AND ALSO TEACHING DANCE SOMETHING SHE IS VERY PASSIONATE ABOUT INCREASING OPPORTUNITIES FOR IN SCHOOL.

STUDENTS INTERESTED IN DANCE SHOULD SPEAK WITH KERRY FROM SEPTEMBER AND THIS MAY ALSO BE AN EXTRA-CURRICULAR OPPORTUNITY RUN IN SCHOOL, WATCH THIS SPACE!

QUALIFICATIONS:
EFFECTIVE MENTORING LEVEL 2
SAFEGUARDING
EMERGENCY FIRST AID